



# 2025-2026 MINNESOTA STATE HIGH SCHOOL LEAGUE

## MSHSL Eligibility Brochure

This brochure is for your reference. If there is a question about any rule interpretation, **contact your school activities director or principal.**

**Students:** Your participation in MSHSL programs is dependent on your eligibility. Protect that eligibility by reviewing with your parent(s)/guardian(s) this summary of Minnesota State High School League rules which govern your participation. Complete policies and bylaws are found in the MSHSL Official Handbook, which is available at each member school and is available online at: [www.mshsl.org/governance](http://www.mshsl.org/governance).

I understand I must sign the current eligibility statement prior to participation each school year.

I understand that once I sign the eligibility statement all eligibility rules apply:

- Twelve months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement through the completion of my high school eligibility.

**Parents/Guardians:** It is essential to review the following expectations.

### **General Student Eligibility Checklist (must be completed by all students)**

*(If you cannot check all 8 items, see your activities director or principal)*

- \_\_\_\_ 1. I am making academic progress towards graduation.
- \_\_\_\_ 2. I will not turn 20 before the start of the season in which I participate.
- \_\_\_\_ 3. I have not dropped out of school or repeated a grade beginning with the initial entrance in the 9<sup>th</sup> grade.
- \_\_\_\_ 4. I have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids, drug paraphernalia or products containing or used to deliver nicotine, tobacco products and other chemicals.
- \_\_\_\_ 5. I have not and will not violate the racial/religious/sexual harassment/violence and hazing bylaws of the MSHSL.
- \_\_\_\_ 6. I agree to fully cooperate in any investigation honestly and truthfully.
- \_\_\_\_ 7. I agree to follow all of the MSHSL policies and bylaws in order to be eligible to represent my school in MSHSL programs, regardless of my age.
- \_\_\_\_ 8. I have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website: [www.cdc.gov/headsup](http://www.cdc.gov/headsup) with my parent(s)/guardian(s).

### **Athletic Eligibility Checklist (must be completed by all athletes)**

*(If you cannot check all 5 items, see your activities director or principal)*

- \_\_\_\_ 1. I have a physical exam on file with the school, within the last three years.
- \_\_\_\_ 2. I have not transferred schools.
- \_\_\_\_ 3. I will not participate in more than six seasons in any sport in grades 7-12.
- \_\_\_\_ 4. I have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
- \_\_\_\_ 5. I have not and will not compete in non-MSHSL events in my sport during my high school season.

**INFORMED CONSENT:** By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, Herpes and others. Although serious injuries are not common, and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program and inspect their own equipment daily.

## GENERAL BYLAW REVIEW

All MSHSL eligibility determinations are based on bylaws found in the most current MSHSL Official Handbook which is available online at: [www.mshsl.org/governance](http://www.mshsl.org/governance)

\* Denotes rules applicable to cheerleaders

1. **\*AGE** — A student who turns 20 during the 11<sup>th</sup> or 12<sup>th</sup> semester since first entering the 7<sup>th</sup> grade shall be allowed to participate through the completion of the 12<sup>th</sup> semester. Students who participate in the Adapted Athletics Program shall be under 22 years of age. A student under age 22 who has started a sport season will be permitted to complete that sport season. *(Reference Bylaw 101)*
2. **AMATEUR STATUS** — A student may not participate in MSHSL athletics unless the student is an amateur in that activity. A student may not receive a salary, cash or merchandise for athletic participation. A student does not lose their amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport. *(Reference Bylaw 201 for further amateur provisions)*
3. **ATTENDANCE** — Students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in MSHSL programs. *(Reference Bylaw 102)*
4. **AWARDS** — Awards presented to students shall be of a symbolic nature rather than those which have no intrinsic value. School officials will make certain that awards approved conform to the letter, spirit and intent of the bylaw. Penalty: The student shall be ineligible for all further MSHSL competition in that activity. *(Reference Bylaw 204 for further awards provisions)*
5. **\*CREDIT REQUIREMENTS** — Students must be full-time students according to the Minnesota Department of Education criteria. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7<sup>th</sup> grade. *(Reference Bylaw 103)*
6. **\*ENROLLMENT** — Only students who are fully enrolled in a school are eligible to be placed on that school's eligibility roster and participate in MSHSL programs offered by the school the student attends. Exceptions: Co-ops, online, Bylaw 111.1.D(i). *For transfer eligibility purposes participation in an MSHSL program is considered full enrollment at that school. (Reference Bylaw 104)*
7. **FOREIGN EXCHANGE STUDENTS** — Approved Foreign Exchange Students are limited to one calendar year of high school eligibility beginning with their first date of enrollment and attendance. *(Reference Bylaw 111)*  
**INTERNATIONAL STUDENTS** — Students not participating in a CSIET approved foreign exchange program are eligible only at the sub-varsity level for one calendar year. *(Reference Bylaw 111)*
8. **\*GOOD STANDING AND GENERAL ELIGIBILITY REQUIREMENTS** — In order to be eligible for regular season and MSHSL postseason tournament competition a student must be in good standing. A student who is dismissed from school or who violates the Student Code of Responsibilities, is not in good standing and is ineligible for a period of time as determined by the principal acting on the authority of the local board of education. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations. For example, when a student is suspended from school the student is not in good standing and cannot begin to serve the participation penalty until the student has completed the suspension from school and is returned to good standing. *(Reference Bylaw 206)*

### Student Code of Responsibilities

Participation in MSHSL activities is a privilege which is accompanied by responsibility. As a student participating in MSHSL programs, I understand and accept the following responsibilities:

- A. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- B. I will be fully responsible for my own actions and the consequences of my actions.
- C. I will respect the rights and property of others.
- D. I will respect and obey the rules of my school and the laws of my community, state and country.
- E. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

A student who is ejected from a contest shall not participate in a contest for the remainder of that day. The student is also suspended from the next regularly scheduled, rescheduled, or contracted contest at that level of competition and all contests in the interim at other levels of competition. All subsequent ejections carry a four regularly scheduled contest ineligibility penalty. *(Reference Bylaw 206)*

9. **\*SEASONS OF PARTICIPATION** — Students may not participate in more than one MSHSL season in a given sport in each school year or more than six MSHSL seasons in any sport while enrolled in grades 7 to 12. Participation, no matter how

limited, will count as one season of participation. *Reference Bylaw 109)*

10. **\*SEMESTERS ENROLLED** — Each student is eligible for participation in MSHSL athletics for four consecutive school years beginning with their initial attendance or MSHSL participation in 9th grade. This school year limitation applies regardless of whether the student participates in MSHSL athletics. *(Reference Bylaw 110)*

Students in grades 7 and 8

- May participate in MSHSL athletics according to Bylaw 105.1.
- Begin participation once they practice or compete in MSHSL athletics.
- Are permitted one school year of MSHSL participation in 7th grade and one school year of MSHSL participation in 8th grade in athletics.

11. **GRADE LEVEL ELIGIBILITY** — Participation in MSHSL programs is limited to students in grades 7 through 12. Students in grades 7 and 8 may participate only if they are enrolled in a continuation school for that high school. Students in grades K-6 are not eligible to participate in any MSHSL programs. *(Reference Bylaw 105)*

12. **\*GRADUATES OF SECONDARY SCHOOLS** — Students who have graduated from a secondary school, or who have completed the terminal or final grade of a secondary school, or who have earned a GED or diploma are not eligible for participation in any MSHSL program. A student who graduates while a member of a team with a season in progress may complete the season if three or fewer weeks of the regular season, exclusive of League postseason tournaments remain. *(Reference Bylaw 106)*

13. **\*CHEMICAL ELIGIBILITY** — At any time during the calendar year, a student shall not at any time, regardless of the quantity:

- use or consume, have in possession a beverage containing alcohol;
  - use or consume, have in possession tobacco; or
  - use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia.
  - use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals.
- “Tobacco products” means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product.
- use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substances or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.

The bylaw applies continuously from the first signing of the student Eligibility Brochure.

It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student’s own use by the student’s doctor.

#### A. Penalties for Category I Activities

Definition - Category I Activities: Those MSHSL programs in which a member school has a schedule of MSHSL contests, exclusive of postseason tournaments.

- Athletic Activities
  - Fine Arts Activities
1. **First Violation Penalty:** The student shall lose eligibility for the next two consecutive MSHSL contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
  2. **Second Violation Penalty:** The student shall lose eligibility for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater, of a season in which the student is a participant.
  3. **Third or Subsequent Violation Penalty:** The student shall lose eligibility for the next 12 consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater, of a season in which the student is a participant. A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:
    - The student is assessed as chemically dependent,
    - enters treatment voluntarily, and
    - the director of the treatment center certifies that the student has successfully completed the treatment program.
    - The treatment option cannot be used for the first or second violation. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the

penalty has not been satisfied must still be served in full.

**4. Penalties** are progressive and consecutive.

**5. Denial Disqualification:** A student shall be disqualified from all MSHSL athletics for nine additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

**B. Penalties for Category II Activities**

Definition - Category II Activities: Those MSHSL programs in which a member school does not have a schedule of MSHSL contests, exclusive of MSHSL postseason tournaments.

Fine Arts Activities

1. Debate, Speech and One Act Play when a school schedules no MSHSL contests and participates only in the MSHSL postseason tournaments.

2. Music Activities.

3. Visual Arts Activities.

Each member school shall develop penalties which will apply to the participants in these activities. A copy of the member school's policy shall be filed in the principal's office.

*(Reference Bylaw 205)*

**14. \*SEXUAL/RACIAL/RELIGIOUS HARASSMENT/VIOLENCE AND HAZING**

A student shall not engage in sexual, racial or religious harassment, violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.

**Reporting Procedures**

1. Any person who believes they have been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual, racial, religious harassment, violence or hazing, shall inform the building principal immediately.
4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

**Reprisal**

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official or employee of the school district who retaliates against any person who makes a good faith report of alleged hazing or against any person who testifies, assists or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

**Penalties for Category I Activities**

1. First Violation: The student shall lose eligibility for the next two consecutive MSHSL contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
2. Second Violation: The student shall lose eligibility for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater, of a season in which the student is a participant.
3. Third or Subsequent Violations: The student shall lose eligibility for the next twelve consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater, of a season in which the student is a participant.

**Penalties for Category II Activities**

Each member school shall develop penalties which it will apply to the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school. *(Reference Bylaw 209)*

**15. SERVING AN MSHSL PENALTY** — A student must be a student in good standing, and able to be placed in the contest except for the penalty being served. (Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc. are not able to be placed in a contest and are therefore not able to count those contests toward the penalty). *(Reference Bylaw 206)*

**16. PROGRESSIVE AND CONSECUTIVE PENALTIES** — Shall be progressive and consecutive beginning with the student's first

participation in a MSHSL program and continuing through the student's high school career.

17. **COLLEGE/UNIVERSITY TEAMS** — Individuals who have participated with a college or university team are ineligible for participation in any activity of the League. (*Reference Bylaw 106*)
18. **FAIR HEARING PROCEDURE** — The Constitution of the MSHSL provides a Fair Hearing Procedure for the student, parent(s) or guardian(s) to appeal a school's determination of ineligibility for a student. **The student has 10 calendar days in which to appeal the school's decision.** The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of facts, conclusions and a recommendation for the Board of Directors following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the activities director or principal of the member school or at [www.mshsl.org/governance](http://www.mshsl.org/governance). (*Reference Bylaw 300*)

## ATHLETIC RULES

1. **\*PHYSICAL EXAMINATION** — Students must have a record of a physical examination performed by a licensed practitioner within the previous three years on file with the school prior to the student's participation. Each year a health questionnaire must be completed by the student's parent(s) or guardian(s) and kept on file in the school. The questionnaire could indicate the need for a physical examination prior to the student's participation. The signature of the parent(s) or guardian(s) approving participation is required. (*Reference Bylaw 107*)
2. **LAST DATE TO JOIN A TEAM** — To be eligible for MSHSL postseason competition, an individual must be a member of that school's MSHSL team not later than the fourth Monday from the official start of that sport season. Gymnasts must be on the school's team not later than the third Monday from the official start of that season. When a sport season begins on a Monday, that day shall be counted as the first Monday. (*Reference sport specific bylaws in the 500 series*)
3. **NON-MSHSL COMPETITION AND TRAINING (TEAM AND INDIVIDUAL SPORTS)**
  - A. **During the MSHSL Season:** A student who is a member of an MSHSL team may not participate as an individual competitor or as a member of a non-MSHSL team in the same sport during the MSHSL season. Participation is defined as tryouts, training, practice, scrimmages and contests. Baseball, girls softball and skiing are exceptions to this bylaw. Season Defined: The MSHSL season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition.  
Non-MSHSL training during the MSHSL season for students who qualify as individual competitors to the state tournament: (Cross Country Running, Girls Gymnastics, Golf, Skiing, Swimming and Diving, Synchronized Swimming, Tennis, Track and Field and Wrestling):
    1. **Lessons/Training:** During the MSHSL season students may take lessons from professionals and other non-MSHSL coaches without limit as to where, when or who may provide the training. Students may not miss an MSHSL practice, contest or meet to take a lesson or train for a non-MSHSL event. Students may take lessons and/or train with a non-MSHSL team/club during the MSHSL season in the same sport.
    2. **Competition:** Students may compete in non-MSHSL events/competitions that do not match the events in which students currently competes in MSHSL competition.  
**Exception:** Summer Vacation Period — Students may participate in camps, clinics and non-MSHSL teams in the same sport they currently play at the high school level during the summer vacation period. (*See definition of summer vacation below*)  
**Summer Coaching waiver:** If a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless a conditional extension to the summer waiver is granted by the school's activities director.
  - B. **During the School Year, Prior To and Following the MSHSL Sports Season** — A student may participate as an individual competitor or as a member of a non-MSHSL team provided that the student's participation is voluntary and not influenced or directed by a salaried or non-salaried member of the student's MSHSL coaching staff.
    1. A student may not use any type of MSHSL team uniform.
    2. A student may not receive coaching or training from a salaried or non-salaried member of the student's MSHSL coaching staff in that sport. Power skating, tennis, gymnastics and indoor soccer are included in this limitation.
    3. A student may receive coaching or training, including private lessons, from a person who is not a salaried or a non-salaried member of the student's MSHSL coaching staff in that sport.
    4. Fees and expenses for non-MSHSL coaching, training or private lessons must be provided by the student or the student's parent(s) or guardian(s) unless approved by the League's Board of Directors.
  - C. **Summer Vacation Period**



A student may compete as an individual or as a member of a non-MSHSL team even though competing on a MSHSL team in the same sport. Summer shall be defined as the period from the Saturday following the fourth Friday in May through Labor Day. Summer for the sport of soccer shall be defined as the period from the Saturday following the fourth Friday in May through the Sunday immediately prior to the official starting date of the MSHSL soccer season. Students may participate in activities during the summer, as defined above, even though their MSHSL sport season in the same sport has begun. For example, students may play in a non-school tennis tournament while a member of the high school team or participate in road races while a member of the cross country team through Labor Day. Soccer is excluded from dual participation as defined above.

**D. Penalties:**

1. First Violation: The student shall lose eligibility in that sport for the next two consecutive MSHSL contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
2. Second Violation: The student shall lose eligibility in that sport for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater, of a season in which the student is a participant.
3. Third or Subsequent Violations: The student shall lose eligibility in that sport for the next 12 consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater, of a season in which the student is a participant.
  - If there are fewer than two events remaining in that sport season than required to satisfy the penalty, the loss of eligibility will continue into the next season in that sport.
  - A senior who violates the bylaws at the end of a sport season will serve the complete suspension in the next sport season in which the student participates.

Penalties are progressive and consecutive.

**E. National Teams and Olympic Development Programs**

The MSHSL may permit participation by high school students on bona fide National Teams or in United States Olympic development programs if:

- a. The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.
  - b. Directly funded by a national governing body on a national level.
  - c. Authorized by a national governing body for athletes having potential for future National Team participation. Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school principal to obtain an application form. This must be completed at least thirty days prior to participation.
2. During the school year, students who participate for their school in a sport may participate through training, try-out or competition on a National Team or in a United States Olympic Development Program provided the student receives an individual invitation from the United States Olympic Committee or the United States National Governing Body on the national level for that sport.
  3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport.

**4. ATHLETIC CAMPS AND CLINICS**

**A. School Year** — Students may attend athletic camps and clinics which have been approved by their high school principal.

**B. Summer Vacation Period** — Non-MSHSL specialized athletic camps and clinics do not require approval.

1. Fees for non-MSHSL coaching or training must be provided by the student or the student's parent(s) or guardian(s), unless approved by the Board of Directors.
2. A student may attend a camp or clinic where a member of the school's MSHSL coaching staff in that sport owns, administers, directs, organizes or serves as an instructor or is a staff member during the student's attendance.

**C. Penalties:**

1. First Violation: The student shall lose eligibility in that sport for the next two consecutive MSHSL contests or two weeks, 14 calendar days, of that season, whichever is greater.
2. Second Violation: The student shall lose eligibility in that sport for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater.
3. Third or Subsequent Violations: The student shall lose eligibility in that sport for the next 12 consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater.
  - If there are fewer than two events remaining in that sport season than required to satisfy the penalty, the loss of

eligibility will continue into the next season in that sport.

- A senior who violates the bylaws at the end of a sport season will serve the complete suspension in the next sport season in which the student participates.

Penalties are progressive and consecutive.

#### **5. TRANSFER AND RESIDENCE— Bylaw 111**

A. A transfer student is eligible for varsity competition provided the student was in Good Standing on the date of withdrawal from the last school the student attended and one of the provisions in Section B (below) is met.

**B. A transfer student is eligible for varsity competition if:**

1. 9th Grade Option: The student is enrolling in 9th grade for the first time.

2. Family Residence Change: The student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible at the receiving public school attendance area or a non-public school if the student transfers at the same time the student's parents establish a new family residence. (See Definitions for further explanation.)

OR

If the parents move from one public school district attendance area to another public school district attendance area, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the receiving school in the public school district attendance area where the student's parents reside or a non-public school.

A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.

3. Court Ordered Residence Change for Child Protection: The student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.

4. Divorced Parents: A student of divorced parents or parents who were never married, who resides with one parent and moves to reside with the other parent shall be eligible at the time of the move:

- a. At the public school in the-receiving public school attendance area as determined by the district school board where the new residence is located; or
- b. At any non-public school.

The student may utilize this provision only one time during grades 9-12.

The new residence cannot be located in the same public school attendance area as the previous residence.

*This provision can only be applied the first time the student moves between parents and changes schools and only if the specific requirements of this provision are met. The intent of this provision is to provide varsity competition eligibility for a student who is living (solely) with one parent and who desires to move to live with the other parent. Additionally, a student of separated parents who resides with one parent and moves to reside with the other parent shall be eligible at the time of the move.*

5. Move from Out of State: If a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parents establish a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.

C. If none of the provisions in Athletic Rule 5.B.1-5 (above) are met, the student is ineligible for varsity competition for a period of one calendar year beginning with the first day of attendance at the receiving school.

1. Students are immediately eligible for competition at the sub-varsity level.

2. A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the receiving school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.

3. Multiple Transfers: A student who is serving a one-year varsity competition suspension as a result of a transfer shall have an additional varsity competition suspension for each subsequent (additional) transfer. A new, one- year varsity competition suspension will begin on the first day of attendance or the first day of participation in a fall sport practice at the receiving school each time the student transfers.

D. **Enrollment Options Program:** A student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and who transfers without a corresponding change of residence by the student's parents shall select one of the participation options identified below:

1. Retain full eligibility for varsity competition for one calendar year at the sending school after which time the student shall become fully eligible at the receiving school; or
  2. Be eligible only at the sub-varsity level at the receiving school to which the student has transferred for one calendar year.
  3. Participation is defined as tryouts, training, practice, scrimmages and contests.
- E. Return to Sending School Policy:** A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for a 15 calendar day period from the first day the student attends practice in the fall or attends classes in the receiving school for the first time.
1. Upon transfer, the student will be ineligible at the sending school and may practice at the receiving school but may not compete in any varsity MSHSL activity at the receiving school.
  2. The student will retain full eligibility at the sending school if the student chooses to return to the sending school during the 15 calendar day period.
  3. If the student remains at the receiving school, following the 15 calendar day period, the student will become eligible at the varsity level only when the student has fully met all of the transfer criteria and has been deemed to be eligible both by the receiving school and the League office.
  4. If any of the transfer criteria has not been met, the student will be ineligible for varsity competition at the receiving school and must then choose between varsity eligibility at the sending school or sub-varsity eligibility at the receiving school.
  5. The student may elect to decline the 15 calendar day period to become eligible to compete at the varsity level at the Receiving School once the school administration determines the student has met all of the varsity participation eligibility criteria.
  6. A student may utilize this provision one time per 365 calendar day period.



# CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES

## Acute injury

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

## Return to play protocol

Return-to-play following a concussion requires resolution of all symptoms and completion of a stepwise exercise protocol. Each step requires a minimum of 24 hours. If any symptoms or signs recur, the player should drop back to the previous level.

The athlete may return to practice and competition only when: 1) free of all signs and symptoms at rest and during exercise, 2) completed the stepwise exercise protocol and 3) returned to school for full days.

Steps required to return to play after a concussion:

1. Sub threshold symptom during regular activities of daily living and school.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise, for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training.
6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

For more information, please refer to the references listed below.

## Signs Observed by Coaching Staff

- Appears dazed and stunned
- Forgets sports plays
- Moves clumsily
- Loses consciousness (even briefly)
- Can't recall events prior to hit or fall
- Is confused about assignment or position
- Is unsure of game, score, or opponent
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall events after hit or fall

## Symptoms Reported by Athlete

- Headache or "pressure" in head
- Balance problems or dizziness
- Sensitivity to light
- Feeling sluggish, hazy, foggy, or groggy
- Confusion
- Nausea or vomiting
- Double or blurry vision
- Sensitivity to noise
- Concentration or memory problems
- Does not "feel right"